



Church Mental Health

Training | Resources | Education

Trainings and Workshops

Customizable mental health education for pastors, ministry leaders, and congregations

Church Mental Health Training, a division of Solace Counseling and Consulting, equips faith communities to recognize mental health concerns, respond with care, and refer well. Every training integrates theological and spiritual frameworks, is culturally responsive, includes evaluation, and can be scaled from a single plenary to a multi-session series, in person or virtual.

- **Mental Health Literacy and Response.** Help leaders and members recognize mental health concerns, respond with confidence, and connect people to professional care. Offered as a 3 or 5 hour workshop.
- **Pastoral Care Triage.** Equip clergy and ministry leaders to assess, stabilize, de-escalate, and refer when mental health needs surface in the congregation.
- **Clergy and Leader Wellness.** Address burnout, compassion fatigue, boundary fatigue, and secondary traumatic stress in those who carry others' pain.
- **Trauma-Informed Ministry.** Bring trauma, resilience, and ACEs awareness into congregational care, grounded in faith-affirming frameworks.
- **Grief and Loss.** Support congregations through death, traumatic loss, and collective grief. Available as a workshop or a multi-part study.
- **Suicide Awareness and Crisis Response.** Build readiness to recognize warning signs, respond in a crisis, and refer to professional help.
- **Special Topics, Co-Created.** Mood disorders, conflict resolution, ministry ethics, substance use, youth mental health, and other needs shaped to your community and setting.

Audiences: clergy and church staff, ministry leaders, congregations, parents, and youth ministry.

Formats: plenaries and keynotes, half-day and full-day workshops, multi-part series, and study formats, in person or virtual. Topics and depth are co-created with each host.

Led by: Dr. Ca Trice Glenn, LPC, a pastoral counselor and clergy member, seminary professor, and founder of Church Mental Health Training, whose doctoral research centered on childhood trauma, resilience, and a spiritually focused approach to healing.

Bring a training to your congregation or community.

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